Assertive Community Treatment

MO ACT NEWSLETTER FALL2020

Burrell Behavioral Health
Columbia TAY Team
Columbia TAY-BH/DD Team
Sedalia TAY Team
Springfield Adult Team
Springfield TAY Team
Springfield IMPART Team

BJC
St. Louis TAY Team

Compass Health
Nevada Adult Team
Belton TAY Team
St. Charles TAY Team
Jefferson City TAY Team
Clinton W&C Team
Union W&C Team

Family Guidance Center
St. Joseph Adult Team

Ozark Center
Joplin Adult Team
Joplin TAY Team

Places for People
St. Louis Adult teams:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

Preferred Family Healthcare
Hannibal TAY-ITCD Team

St. Patrick Center
St. Louis Adult Team

Hopewell
St. Louis TAY Team

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Hello from DMH by Lori Norval

As the fall season has begun, we continue to be impacted by changes forced upon us due to the pandemic. Changes in the way we serve our clients, do our business and simply live everyday life have been continual, but as individuals we are resilient. If you think deeply about that level of resiliency in healthcare providers and their clients, it is truly amazing.

One thing that has been clear to me as I talk to both providers and our persons served over the past months, is the heartfelt gratification and concern one group has for the other. Providers' passion for their client's care has been at an all time high. They want to be there for their persons served and ensure their health, safety and wellbeing are addressed. They have gone out of their way, including risking their own safety to be present, both in person and virtually for their clients. Teaching, checking, educating and tending to the needs of clients, no matter how difficult, has been their top priority. In the same way, our persons served have expressed deep concern for their mental health workers and teams, gratitude for the care they are receiving and a true appreciation that they can depend on their treatment teams in these times of such stress, crisis and fear.

There has always been some level of general positive connection between provider and person served, but this is more intense and meaningful than I have ever seen in my 30 years of working in the mental health field. The only thing close was during the 911 crisis, when both staff and clients seemed to come closer together in a therapeutic way—an alliance—like I had never seen, benefitting both during the stress of the crisis.

My heart is warmed in noticing this again, and being in a position to see it in action. It helps me know that the relationships between providers and our clients is powerful, important and effective. Thank you all for your role in care, support and kindness to those who most need us.

MISSOURI DEPARTMENT OF MENTAL HEALTH

To find past issues of the ACT Newsletter, go to the DMH—ACT page at: https://dmh.mo.gov/mental-illness/provider/act

Scroll down to "newsletters" and find your archived online copy!

NEW FACES IN ACT!

BJC TAY Team:
Tamika Butler—Team Leader
Debra Francis—SEE Specialist

Burrell Columbia TAY Team:
Caleb Beattie—Program Assistant

Burrell SW TAY Team:
Keely Brennen—Peer Specialist
Christina Algya—COD

Burrell IMPART:
Caren Patton—APN

Burrell TAY Sedalia Team:
Hannah Zaragoza—Team Leader
Lacie Hawkins-Frazier—SEE Specialist
Amanda Underwood—RN

Compass Health Nevada Team:
Julie Leonard—I.H.S.

Compass Health Metro Team:
Chelsey Kerr—(now SEE Specialist)
Chris Brandt—CSS

Compass Health W&C Team:
Alexis Eshleman—Peer Specialist

Ozark Center Recovery Up Team:
Sharon Link—COD Specialist
Lisa McCallister—Peer Specialist

Places for People FACT Team:
Grant Underhill - SEE Specialist
Erin Moran—RN

St Patrick Center Team:
Brenda Stokes—CSS

ACT Tips & Tools of the Trade

NAMI Support Group listings can be found at: https://namimissouri.org/support-groups/

Missouri ACT is on the web!

https://dmh.mo.gov/mental-illness/provider/act

Collaboration with Families

As family members and the client begin resolving problems, the team provides increasing amounts of education, including explanation and discussion of various facets of mental illness (i.e., etiology, symptoms, functional problems, course, treatment). Efforts are made to help families learn new attitudes toward themselves and the clients, such as not blaming themselves or being overly critical of the client. Some families are immediately receptive to a very structured, cognitively oriented approach, whereas others prefer a much more gradual and informal process.

Relationships between family members and a relative who has a mental illness may have been severed or greatly damaged. The family may be hesitant to become re-involved, In such cases, the team with the client's consent, attempts to make contact with family members to obtain and give information. Attempts are made to help families gradually reconnect in a way that respects the distance they have established. When relatives become aware of the client's improvement and of the team's comprehensive service delivery, they often reconsider contact and wish to have more.

(Taken from "A Manual for ACT Start Up" Chapter 7, ACT Services,

For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

https://dmh.mo.gov/mental-illness/provider/act

And click on ACT & Transition Aged Youth

Find out more about the TMACT here: http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/

At the *Institute for Best Practices*

TEAM MEMBER SPOTLIGHT

Name: Rebecca "Becca" Nobles-Jackson

Team/Location: ACT-TAY, Boone County MO. Our Team name is Optimus Prime!

Position/Role: Team Lead

Favorite thing about working on ACT team: Our clients!! I am always so inspired by our clients and their tenacity. Our clients face so much and are still incredibly resilient. I really feel like they help us as much as we as we help them.

Favorite Food: Pasta! Just about any kind!

Something to share with other ACT teams:

TMACT Corner

The TMACT protocol outlines one of the key functions in the role of the employment specialist in services regarding job placement. This is service #4 Job Placement, and is an essential element in assisting clients quickly engage in work or school activity of their choice.

It is defined as: "Specialist assists clients in locating jobs that meet their preferences, and does so in a rapid manner. There is a relatively short amount of time (fewer than 30 days) between when the client voices interest in working and initial contact with an employer. Specialist assists with completing applications, resumes, and role-playing interviews. This could also include assistance with going back to school or accessing coursework.

If the specialist can assist at that level without allowing "work readiness" criteria to impact placement activities, slowing or causing barriers to placement, the team may score full credit on this scale item!

You can receive ACT specific technical assistance from DMH staff. They are happy to assist!

Lori.Norval@dmh.mo.gov

Kelly.Orr@dmh.mo.gov

Chrystal.Cole@dmh.mo.gov

Carolyn.Sullivan@dmh.mo.gov

Bobbi.Summers@dmh.mo.gov

RESOURCES

Center for Evidence-Based Practices at Case Western Reserve University

http://www.centerforebp.case.edu/

Individual Resiliency Training (IRT)

http://navigateconsultants.org/manuals/

Copeland Center for Wellness and Recovery

http://copelandcenter.com/wellness-recovery-action-plan-wrap

Division of Behavioral Health Employment Services

https://dmh.mo.gov/mental-illness/employment-services

IPS Employment Center

https://ipsworks.org/

Certified Peer Specialist

https://dmh.mo.gov/mental-illness/peer-support-services

SSI/SSDI Outreach, Access and Recovery (SOAR)

http://soarworks.prainc.com/

Missouri Recovery Network

www.morecovery.org

Institute for Best Practices (TMACT website)

https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/

DMH Contact Information:

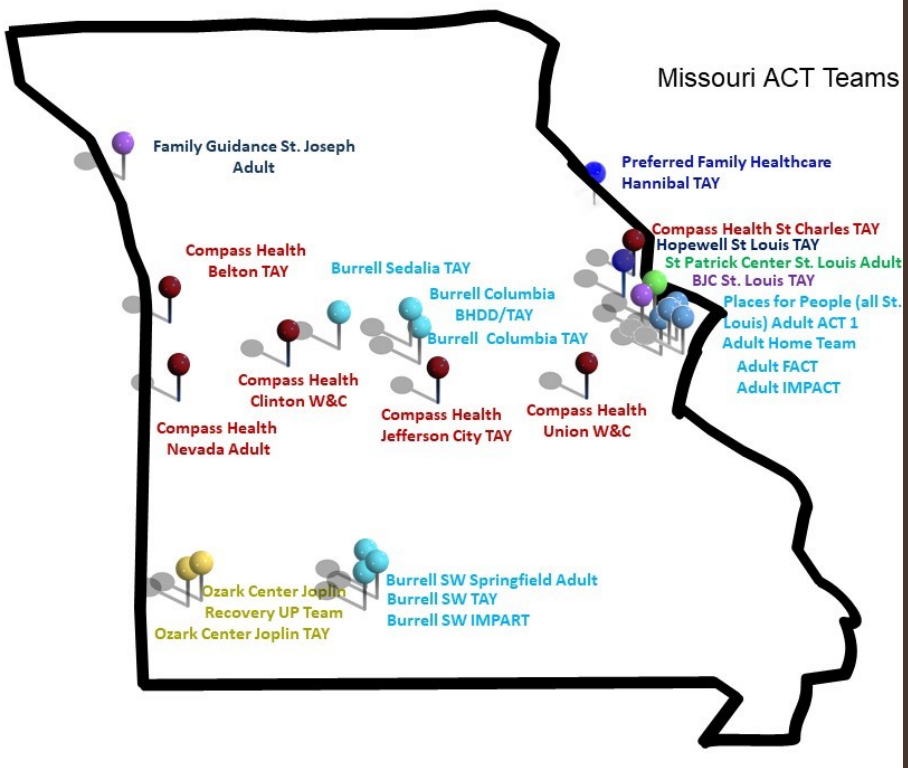
Lori Norval, MS. LPC
Evidence Based Services & Review Coordinator
Phone: (417)448-9982
Lori.Norval@dmh.mo.gov

Kelly Orr
CMHC/DD Specialist
5400 Arsenal Street
St. Louis, MO 63139
Phone: (314) 877-5972
Kelly.Orr@dmh.mo.gov

Chrystal Cole, MA
Quality Improvement Specialist
2201 N. Elm St.
Nevada, MO 64772
Phone: (417) 549-0316
Chrystal.Cole@dmh.mo.gov

Carolyn Sullivan, MS
Evidence-Based Services Specialist
1706 East Elm Street
Jefferson City, MO 65101
Phone: (573) 526-0264
Carolyn.Sullivan@dmh.mo.gov

Bobbi Summers, MS, LPC
CMHC Specialist
1101 Weber Rd. Suite D
Farmington, MO 63640
Phone: (573) 218-7141
Bobbi.Summers@dmh.mo.gov



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To access the free and downloadable Supported Housing Toolkit on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

CLICK HERE

Take the free **SOAR online training course** by visiting

http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training

Ozark Center—Recovery Up by Keren Lowenstein

To further enhance services available to participants with the greatest need in the service area, Ozark Center developed the Assisted Outpatient Treatment (AOT) aka Recovery Up project in 2020. Funded through a 4-year Substance Abuse and Mental Health Services Administration (SAMHSA) grant, Recovery Up is one component within an array of services offered through Ozark Center's ACT program. Recovery Up will provide intensive, wrap around services for participants who have been court ordered through treatment courts or civil commitments to receive mental health/co-occurring treatment.

Our Vision: To strengthen criminal justice and mental health systems coordination in partnership with treatment courts and behavioral health facilities in Jasper County, and the University of Missouri-St. Louis-Missouri Institute of Mental Health.

Our Mission: To identify evidence-based practices (EBPs) in order to reduce the incidence and duration of psychiatric hospitalizations, interactions with the criminal justice system, incarcerations, and homelessness while improving the health and social outcomes of participants with SMI and COD.

Our Guiding Principles: To reach out to participants who are involved in treatment courts or who have been released from inpatient behavioral health facilities to outpatient commitment in Jasper County and engage them in Recovery Up treatment services by focusing on key principles of treatment, including:

- Flexible and individualized application of resources
- A team approach to treatment delivery
- In vivo and time unlimited services
- Fixed point of responsibility
- Recovery-oriented services as the focus of care

Our Governance: The Recovery Up Project operates under the auspices of the Assertive Community Treatment (ACT) Program which is under the auspices of Ozark Center's Community Care Program.

Mottos: Do Something Different; We Are Recovery Up; We Are Essential; The Comeback is Always Stronger than the Setback-Dr. Jill Murray

Initially, Recovery Up will work with participants involved with co-occurring disorders court (CODC) and civil commitments, and then potentially expand to other Jasper County treatment courts/civil commitments. Recovery Up will follow the ACT/TMACT, SEE, ITCD, IMR, and EIMR models along with FACT, Motivational Interviewing, Moral Recoonation Therapy, Acceptance and Commitment Therapy, Wellness Recovery Action Plan, Eye Movement Desensitization and Reprocessing, Anger Management, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Medication Assisted Treatment, and SSI/SSDI Outreach, Access, and Recovery.

We are currently in the process of hiring and training Recovery Up Program Assistant, Driver, Employment Specialist, Community Support Specialist, Co-Occurring Disorders Specialist, Therapist, Peer Specialist, and Assistant Team Lead. We also renovating the ACT suite. Recovery Up plans to enroll our first participant by 10/31/20.

Arts & Literature

Expression

Submitted by the IMPART Team

Creativity

SUBMIT ART, POETRY, PHOTOS, TESTIMONIALS, SHORT STORIES, PHOTOS OF PAINTINGS, SCULPTURE, ETC. TO LORI.NORVAL@DMH.MO.GOV, WITH YOUR PERSONS SERVED PERMISSION AND WHETHER THEY WISH TO HAVE THEIR NAME AND LOCATION LISTED ALONG WITH THEIR ART.